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NOVEMBER/DECEMBER 2020
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Improve your follow-through

living balance clinic

By Gwen MacLean for Living Balance Clinic

Most people come for treatment of neck and shoulders because they carry tension in their shoulders. What's really happening is the trapezius and neck are taking over for the lower trapezius muscles, which are underactive. These underactive muscles do not allow for proper use of the shoulder joint and can greatly affect your shoulder action in your sport. Here is an exercise to help activate these muscles to take the strain off the overworked upper trapezius...

Stand with feet hip-width apart. Let your arms hang at your sides and then slowly raise them up to shoulder height as if you are sleepwalking. Lower them and repeat several times. Did your upper arms and the top of your shoulder tense up?

Lower trapezius muscle

Now, touch the bottom tip of your shoulder blade with your hand on each side. Remember that spot and think about drawing that tip towards your waist. Keeping that position, raise your arms up slowly again several times. Did your arms feel lighter? Did your upper arms and shoulders work less?

The muscles that kept your shoulder blade tips from riding up are the lower trapezius muscles. In the first version, you used your upper trapezius to hoist the arms up, and in the second you used your lower trapezius to anchor your shoulder blades, stabilizing them and giving you better leverage.

Here is another exercise to help activate the lower trapezius muscles ...

Sit comfortably on your sit bones. Reach back and feel the bottom tip of one of your shoulder blades and then feel the other one with the other hand. If you cannot reach back, you can look at them in a mirror or have someone else touch them. Remember where they are.

Now, draw the tip of one of them down diagonally towards your waist about half an inch, holding for less than a second and then relaxing. Now, draw the tip down repetitively with light pulsing actions. Repeat the same action with the other shoulder blade.

This is a coordination exercise. It builds a new memory of proper shoulder support in the brain.

Serratus anterior muscle

Here's another to activate your serratus anterior muscles...

Place a chair facing a wall and sit tall. Place your hands on the wall with the heels of your hands level with your armpits. Have your elbows slightly bent, aligning your middle fingers to the ceiling and spreading the other fingers away.

Lightly press your hands into the wall with a feeling that your hands and forearms are suspended from the wall. Let your elbows be heavy.

Paying attention to what is happening in your shoulders, start with letting the pads of your fingers sink into the wall. Picture the wall with padding and do not use more than an ounce of pressure.

Allow the rest of your hands to connect with the wall in this gentle way without any engagement in your shoulders. To activate your serratus anterior muscles, allow your last two fingers to grow longer. You should feel sensation in your shoulders travelling to your armpits and shoulder blades. Stay for several breaths.

Practicing these activation exercises every other day will allow proper shoulder movement for all your sports and daily activities.

www.livingbalanceclinic.ca

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thelineup

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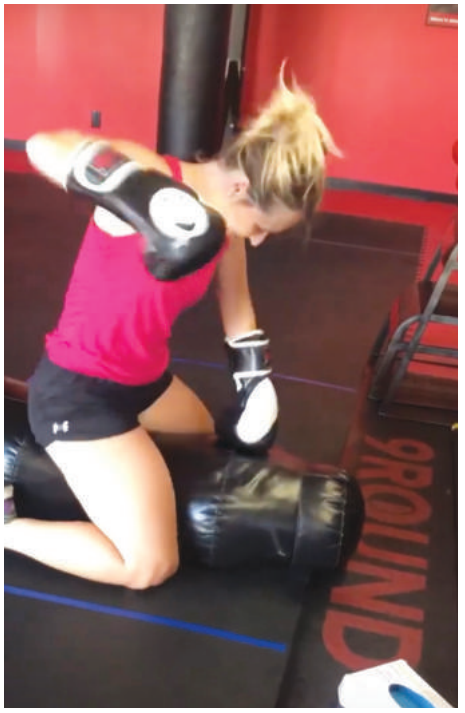
Keeping you protected

Submitted by 9Round London

We are excited to be open again. The great thing about 9Round London is that we are a small studio. During our re-opening, we are allowing five people per class plus the trainer. This allows us to keep more then six feet of distance between one another, and also allows us to clean the workout area before you get to it. You will see everything cleaned while you're working out.

We have zoned-off areas to stand in to help you keep space from each other.



Now, at 9Round, it is like you have a trainer to fix all your techniques – and to clean anything you need cleaned! We even have Lysol wipes on each round, too, if you want to clean it that little extra.

One of the best things about working out at 9Round is that there are around 160 members. Many gyms have 10,000 members – some have even more. At 9Round, you know that you're not exposing yourself to thousands of people and you can still get a great workout in.

If you're interested in trying a free workout, check us out at 9round.ca and go to book a free workout. We can't wait to see you all out here. Let's kick those COVID pounds!

About 9Round London

9Round London is proud of its commitment to its members' health and wellness, and to the education of its trainers. The diversity of our staff, with backgrounds in personal training, fat loss coaching, professional fighting, physiotherapy, and sports psychology, creates the ultimate blend of experience for members.

Working out at 9Round is always a unique experience. The 9Round circuit is focused on both losing weight and building lean muscle, using a blend of kickboxing techniques with high intensity interval training so that it's a killer workout every time. Members at 9Round have seen progress in their cardiovascular health, general mobility, flexibility and mental acuity!

www.9round.com

The 9Round London team is excited to return to work – and to help Londoners achieve their fitness goals – as they re-open the gym this fall after a lengthy layoff. It's time to get sweating!

SportsXpress Network

NOVEMBER/DECEMBER 2020

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Special thanks to Maija Craig for the cover photo

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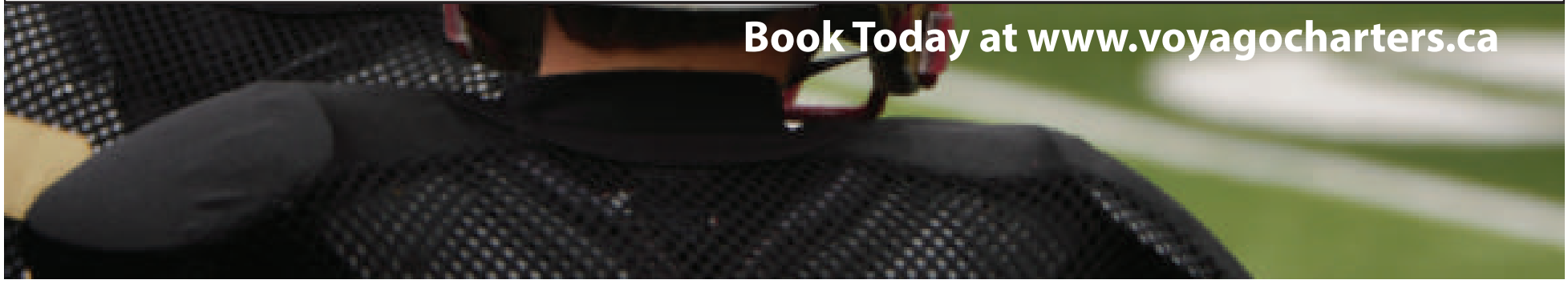

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Keeping ballplayers safe – and improving

CENTREFIELD SPORTS

Submitted by Centrefield Sports

As the leaves start to change and all sports start to move inside, Centrefield Sports prepares to keep all athletes in top shape during the COVID-19 pandemic. With changes made to the facility, indoor clinics, leagues and private lessons, we are making sure to have the safest environment possible for the indoor season.

With new protocols in place, Centrefield Sports is offering clinics with reduced numbers for our young players in the game of baseball. Our October clinics kicked off with five weeks of training to accommodate all needs. With a maximum of 12 players in a clinic (and a 4:1 ratio with our coaches), players get to experience smaller group training. Our November and December clinics will run for seven weeks. We are excited to get players out on the field!

Since sports are moving inside, to accommodate all rentals and numbers in the facility, Centrefield has put in place a no spectator policy. This will help keep the numbers in the building lower and keep Centrefield Sports accommodating to everyone. We urge everyone to call in to make bookings for rentals to make sure we have space for you!

The Great Lake Canadians start their season back up in November after finishing their 2020 Fall Ball season during the Thanksgiving weekend.

Memberships are also available to purchase – tailored to the needs and commitment level of players. They vary in length from one month to 12 months!

www.centrefieldsports.com

It's indoor ball season again, and Centrefield Sports has put in place COVID-19 safety protocols to continue to provide young ballplayers with top-notch coaching and instruction. Clinics run throughout the winter, as well as leagues and private lessons.

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Dreaming of ball next spring

Submitted by LMBL

Hello, baseball fans!

Usually, this would be the time of year the LMBL would be celebrating another successful season and hosting our Annual Awards Banquet. This normally begins with several players and Executive members getting together for a pre-banquet round of golf at the Willows Golf and Country Club. That's followed up with an amazing dinner, mingling between players, awards for top performers and Team Players of the Year, as well as a 'State of the Union' from our Executive and some great entertainment. Hopefully next year!

With no season to wrap up, we must look forward to the hope of playing in 2021. With Phase 3 opening in many areas, some baseball leagues were able to play a shortened and modified season this year. Based on this, the LMBL is hoping to have some semblance of a normal season in 2021. It will likely have certain COVID protocols in place for the safety of our players – and even more importantly, the safety of the players' families. But at least we should play. Player safety will be a priority, since many of our players have partners, little ones, and not so little ones to care for away from the diamond.

From the last game of the season in 2019 until our first pitch of the year in 2021, it will be almost 600 days in between games. It's likely that one of our league partners, Centrefield Sports, will be very busy with LMBL players – not just working off rust but working off the rust that's on top of rust!

As we move into the holiday season, the LMBL would like to wish the frontline workers, our players, their families, and everyone in our community the happiest of holidays.

See you on the field ... soon.

www.lmblbaseball.ca

Korey Richardson (LMBL Registrar), left, and Dale Crannie (LMBL Past President) enjoyed some golf – in less-than-ideal temperatures – prior to the 2019 London Mens Baseball League banquet a year ago.

The 2017 LMBL champion Werewolves show off some hardware that they received at the league's 2017 banquet.

Hopes are high for 2021

Submitted by Eager Beaver Baseball Association

Eager Beaver Baseball's 66th season was left standing at the plate in 2020. Preseason indoor clinics and registration had begun, but COVID-19 stopped the games before the season officially started. Despite hoping and waiting until June to hear the call 'play ball,' the board of EBBA was forced to cancel the season.

Luckily, the prudent fiscal planning by the board in previous years, in addition to the generous support of sponsors, made it possible to fully refund the over 250 players that had registered by mid-March and also cover all annual expenses such as insurance, office rent, and registration costs, while still leaving EBBA financially viable.

There was no ball to be played in 2020, unfortunately, but EBBA is hopeful that indoor clinics will be a reality in January and, most importantly, that young ballplayers will be able to return to the diamonds next spring.

The uncertain times ahead make it difficult to plan a day or two ahead, let alone months. However, EBBA has started tentative plans for the 2021 season. Permits have been secured for indoor clinics starting in January. The school board should announce in December if the permits will be activated. Park improvements were on hold for 2020, but improvements to Mornington Park are still planned for 2021, and plans to move the Bantam and Midget programs to Citywide are still being implemented.

EBBA will continue to offer a house league program for players 4 to 21 years old similar to the program that has been offered in the past. However, new input and direction are always welcome. This upcoming season will require many new volunteers to help implement the added protocols regarding COVID-19. Please contact info@ebba.ca to get involved in shaping London's longest running youth sports program.

Information on the 2021 season will be posted on the website as it becomes available.

www.ebba.ca

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Creativity is the key

Family Karate

Submitted by Family Karate Centres

Over the past six months of the COVID-19 pandemic, the students at Family Karate have been figuring out creative and new ways to keep up with their training. The majority of our student body have slowly started to come back to reduced-size, distanced classes – as well as joining in via Zoom.

During class, our instructors are continuing to come up with fun and creative skills and drills for all students to enjoy class in the format that best suits their family's schedule and comfort level. A few examples of our unique ways for training include:

- Using household items as a substitute for karate tools (ie. broom for bo staff)
- Using books or a child's own toys as obstacles for footwork drills
- Video tutorials on our website on all of our current material

At Family Karate, we continue to work with the London Middlesex Health Unit as part of our commitment to the community, our students, our instructors and their families. Mental health is as important as physical health for a child's wellbeing and development. Giving students the opportunity to practice martial arts in a way that best fits their situation during these times aids in their social and physical development, bringing a bit of 'normal' back into their lives.

www.familykarate.ca

In addition to Zoom training, Family Karate has been finding other creative ways to keep its athletes training and honing their skills as the COVID-19 pandemic continues. Practicing martial arts has been of great benefit to many youngsters during this time – for both their physical and mental health.

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Staying healthy during a pandemic

Submitted by Olympic Karate Academy

There is more to staying healthy than wearing your mask and social distancing. You also need to exercise and eat healthy foods and snacks. What kind of exercises can you do, though? You can go for a walk around the neighborhood, put on your favourite music and dance around the house, or you can find some exercise videos online. There are many good YouTube channels, for instance, that offer programs in calisthenics – body weight exercise combined with cardio exercises for a total body workout without needing any specialized equipment.

Olympic Karate began has been offering a combination of in-person and Zoom classes, which have helped its athletes stay in shape and continue their karate journeys.

But who can find the time to do exercises? It can be a pretty daunting task, but you can try to throw them into your daily routine. Just wake up? Do a few pushups and squats. Waiting for your game to load? Spend some time in a plank position. Reading a book? Try reading with your back against the wall and pretend you are sitting in an invisible chair. Every journey starts with a single step, and it is never too late to start making more healthy choices.

Another good way to stay active is to enroll in an online activity like Karate. During a pandemic, you won't be able to kick and punch targets, but you can spend time practicing basics such as katas. Katas are the martial arts equivalent of a dance routine (only without the music), and every movement is part of a scenario where you are defending yourself from imaginary attackers. The movements can become second nature, and you will be surprised when the situation arises that the shift from imaginary to real life can be pretty seamless if you practice hard.

Olympic Karate is offering limited in-person classes and unlimited Zoom classes. Find us on Facebook for more information and details.

www.olympickarate.on.ca

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Academy prepping for coming year

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Submitted by FC LONDON

With 2020 field time cut short, and the cancellation of leagues throughout the world, London soccer was no different. As the summer came to a close, so too did the prospect of competition – especially elite competition with travel to communities outside of the London area. However, as we look over the horizon, the London TFC Academy and FC LONDON soccer club are already looking toward 2021 with enthusiasm.

The fall season has seen an expansion of the club, which now offers both training and gameplay for players U8-U17, along with full nightly activity on the new Tricar Field, a full-sized turf field with lights in southwest London. With play in various levels of the Ontario Soccer Pathway, the club has been holding sessions to select players for male and female teams across all age groups. Teams will train throughout the winter months in anticipation of playing in structured leagues in the summer 2021 season.

"As a component of the club's 'Return to Play,' we've adopted rigid safety policies at the direction of Ontario Soccer, EMSA and Canada Soccer to ensure a safe environment for all participants," says Club Director Dave Debenedictis. "Players, coaches and parents have been great in accepting our new normal, and minimizing risk is a crucially important component of our program."

National Coaches Week reinforced the positive impact that coaches can have in the lives of young players.

With the cancellation of university and college fall sports, many players from the League1 and U21 League 1 Reserve programs have been focusing on their skills to stay sharp for the season ahead next year.

"It's been hard on players who have strong aspirations to compete at a high level," says Michael Marcoccia, head coach of the League1 men's and women's program. "Players see League1 as a way to showcase their skills and open opportunities to future playing careers. The cancellation of the League1 program has put a damper on some of those goals."

As is typical, the League1 team trials and player selections have identified several key prospects who will have a chance to impress London fans on the field next season.

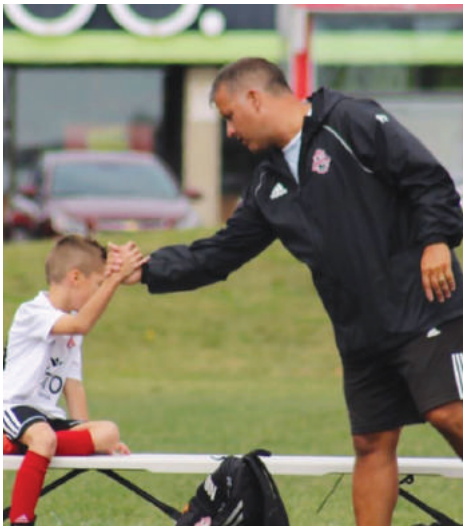
Construction at the Tricar Field complex has also included the completion of a clubhouse – complete with several change rooms, a vending area, washrooms and a common/meeting room.

Comments Ian Campbell, club CEO: "Although we won't get a chance to use the clubhouse until restrictions relax a bit, it's everything we could have hoped for, and we're looking forward to inviting teams from across the province to London to showcase both our skills and this great facility."

Keep checking the website for further details.

www.fclondon.ca

Players enjoy the newly built 'Tricar Field'



Coach Phil lends a helping hand to 2010 player Luc

Players adhere to COVID safety guidelines

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Keeping us connected

By Richelle Hirlehey for Dance Extreme

To think that only nine months ago, many of us had never used – let alone heard of – the Zoom platform. Now, we deeply value social networking platforms such as Zoom for the connection that they allow us during an ongoing global pandemic.

As the current climate continues to change, Dance Extreme knows that the right decision was made to install additional cameras and television screens in each of our six dance studios. Why, one might ask, would a studio go to this length? Rebecca Brettingham-Filice, Dance Extreme Owner/Artistic Director, learned very early on that the need to make dance classes available to her dancers was of the utmost importance. With the COVID-19 closure of the dance studio, Dance Extreme offered a compliment of daily dance classes via the Zoom platform – beginning back in April.

During the summer months, Dance Extreme moved its weekly themed dance camp showcase online via the Zoom platform so that parents and grandparents could enjoy their child's dance performances at the end of their camp week. This was met with resoundingly positive feedback, as this allowed many parents to view their child's performance without taking an early leave from work.

With the re-opening of Dance Extreme for its regular 2020-2021 dance season, the studio understands the need to follow all COVID protocols set by our local health unit. With the installation of the cameras and televisions, Dance Extreme dancers can safely attend classes when someone in their household is feeling unwell.

Additionally, in place of parents watching their child's classes from the in-studio lobby cameras, parents and caregivers can now observe their children in dance class via virtual links to each class. For Dance Extreme members, Zoom provides a means of connection and allows us to continue to offer high-quality dance instruction and service to our Dance Extreme Family.

www.danceextreme.com

Dance Extreme has done a great job utilizing Zoom – both during shutdown re-opening – to continue to provide its dancers with high-quality instruction, while also ensuring parents and caregivers are able to enjoy watching their child perform and progress.

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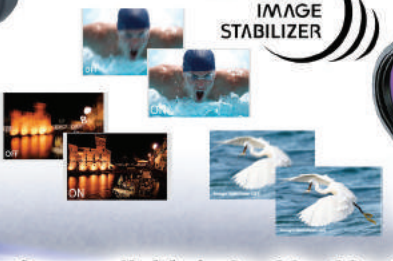

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When stretching doesn't work

PRO FUNCTION sports injury clinic

Submitted by Pro Function Sports Injury Clinic

It is common for our patients to say that they've been stretching but it's not working anymore. This can even be the reason why they may seek treatment. What is the problem? Why is your stretching not working?

What we know is that when we stretch the muscle fibres it is usually short lived. When we do gain more flexibility, it is actually due to the tolerance of the nervous system to let you stretch more. Your nervous system determines how much it will let you stretch based on a couple of things: your behaviours and how strong you are in a full range of motion. If your nervous system determines that your muscles are not strong enough to control a particular range of motion, then it will not allow you to functionally achieve that range.

Pro Function is focused on training people to become more mobile, not just more flexible, through the Functional Range Conditioning approach. The benefit? Increased strength, improved capacity, and a reduction in injuries.

We want to help you to train to become more mobile, not just flexible. Flexibility is how far your joints can move. Mobility is how far you can move your joints. Improving mobility, not just flexibility, can create more stable, stronger, and more functional joints. Pro Function's Functional Range Conditioning® (FRC®) practitioners use this approach to assess your body's true mobility.

The functional range approach looks specifically at individual joints to determine whether or not you have enough mobility to perform your sport-specific movements. The goal is to identify specific deficits that may be limiting performance and fix those deficits to increase strength, improve capacity, and reduce injury.

Functional Range Conditioning is great for people with injuries, athletes wanting to improve their performance, and for people looking for long term joint and physical health.

Dr. Joseph Greenwood is one of our FRC® certified practitioners and is located at both our Centrefield Sports location and our downtown location to help you meet your mobility goals. Book online at www.profunction.ca.

www.profunction.ca

Unstoppable cheer team

Submitted by CheerStrike

There is a lot to look forward to this winter at CheerStrike Royals. Our competitive teams are busy working on routines like we've never done before – with no stunting and athletes spread out to keep everyone safe. As like all sports, this competitive season will be like none other. We will be participating in virtual competitions for now, and we are so appreciative that the cheer world has been able to pivot in order to create a competitive experience for our teams.

It'll be a season like no other, but the CheerStrike Royals are excited for virtual competitions and the continued development of their young athletes. They're even offering Winter Day Camps!

We have a new Recreational session starting in the new year. Through our Recreational programming, we offer classes for all ages and skill levels, including: Parent & Tot, Tumble Tots, Kinder Tumble, Kinder Tumble & Cheer, Tiny Cheer, Mini Cheer, Youth Cheer, Beginner and Advanced Recreational Cheer. The skills taught and practiced in these programs build strength and body control in all young children, encouraging early athletic development which helps in any sport they may show interest in.

We are excited to be offering Winter Day Camps throughout the Christmas Break for parents looking for trustworthy childcare that will keep their children happy, active and, most importantly, safe. We ran day camps all summer long and our protocols were proven to be effective in keeping our participants safe all summer.

If your child is not involved in the sport of cheer, he or she will still love our Winter Camps. The days are filled with tumbling instruction, games, exercise, crafts and so much more! Be sure to register early to not miss out.

www.cheerstrikeroyals.com

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Friday January 22, 2021
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Submitted by GOT GAME Marketing

Serial entrepreneurs Greg Matthison and Walter Browning are excited to announce the next evolution in their series of marketing businesses: GOT GAME Marketing.

"With our past businesses, we've experienced the confusion associated with digital marketing, and we've dealt with experts who ended up making it more frustrating at times," said Matthison. "But we still had hope, and we knew there was a massive opportunity to grow our businesses in the digital world. So, we persevered and assembled an all-star team of our own to create a digital marketing agency that includes industry experts who not only understand the power of digital marketing, but who understand the process and can effectively communicate with business owners and marketing directors."

A Straightforward Approach

In the world of digital marketing, the game is always changing. Not keeping up with the latest trends means you are missing out on growing your business. Our team's combined 30 years of marketing and business management expertise means that we understand the challenges faced by many business owners. Partnering with us will give you peace of mind knowing that your business is winning the game.

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Paying it forward

By Joe Bardawill

My brothers and I played hockey with Red Circle from 1972 to 1979. My parents could not afford to pay for me and my two brothers to all play hockey, so because my brother Keith was the oldest and was just starting high school, he got to play that first year. I went to every one of his games and practices. About halfway through the year, his coach asked me, 'Do you play hockey?' I said, 'No, my parents can only afford for one of us to play.'

A couple of nights later, the coach phoned the house and told me to bring my hockey gear, that I was on the team, and not to worry about the money. It was all taken care of! I was so excited!

The next year my parents were able to pay for two of us and Red Circle allowed my younger brother, Dave, to start playing hockey at no cost. That same year, I tried out for the Select team. On the final day of cuts, the coach asked to see me outside the dressing room. I thought this is when he tells me that I was being cut. Instead, he told me that they knew my parents couldn't afford to pay for road trips and stuff but not to worry about it. They will cover all the cost if I'd like to play on the Select team. Even at that age I knew people were helping my brothers and I enjoy just being young and playing hockey.

We wanted to give back, so we started to referee some of the younger groups. We also started coaching at 17 or 18 years old. We were coaching the Bantam teams, and we even coached some of the Select teams as well. We later played in the Men's League that Red Circle used to run on Sunday mornings. In 1980, we made up a team of former Red Circle players and played in the city league. We were called Redi Rad, and we did very well.

I'm so grateful for my time with the Red Circle Hockey Club, and I'm proud to support the program. This year, I'll be helping cover the cost for three children to play Red Circle hockey. I'm happy that they'll have the opportunity to learn and grow as people and have a lot of fun playing the great game of hockey – just like I did growing up.

www.redcirclehockeyclub.com

Joe Bardawill (middle) poses with Red Circle Hockey Club board members, including (from left to right) Adam Little (VP), Jeremy Hansen (VP), Ken Coombs (VP), Jay Mandel (President).

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Trio of Knights drafted early

By Kyle Watson and photo by London Knights

The 2020 NHL Entry Draft took place virtually over two days October 7-8. And while they may have had to wait an extra three months, and didn't get to walk on stage in front of thousands of people, it was still a day the young men selected have been training for their whole lives.

With delayed reactions via Zoom, celebrity guest appearances, and players finding out they got drafted while on the ice, it was certainly a unique event – and one that, without a doubt, two London Knights players and one import pick will never forget ...

John-Jason Peterka, LW - 34th overall, Buffalo Sabres

The German forward was chosen by the Knights with the 55th pick in this summer's CHL Import Draft after an impressive first season in the DEL. Peterka shone in limited minutes on a dominant Red Bull Munchen team, but the hype surrounding him really began at the World Juniors, where he had four goals and a pair of assists in seven games. He joins an exciting young core in Buffalo led by Jack Eichel, Rasmus Dahlin and the eighth overall pick, Jack Quinn.

Said Rob Simpson, Knights Associate General Manager: "JJ is a strong skater and has elite puck control, making him tough to defend both in open ice and along the boards. He had a great showing at the World Juniors, demonstrating exceptional play in both ends of the ice. He has an elite-level shot and can score goals from all angles."

Luke Evangelista, RW - 42nd overall, Nashville Predators

For the first time in draft history, the Predators selected a Knight, using their second-round pick on Evangelista. Coming off a rookie campaign in which he saw limited ice time, the winger was thrust into a top role after a hot start to the season. In his first nine games, he managed a hat trick against Kingston and a three-assist night vs Erie. He finished the season at a near point-per-game pace, with all but two of his points coming at even strength. The Oakville, Ont. native is primed to take another step forward next season.

Simpson: "Luke possesses elite hockey sense and passing ability. His skill with the puck is at a very high level. He can play in multiple roles within a team because of his strong 200-foot game. Luke can excel in a top-six role in both zones and play against other top players.

Antonio Stranges, LW - 123rd overall, Dallas Stars

Stranges has been one of the most talked-about prospects in his birth year since his days in the Detroit Little Caesars program – and for good reason. Whether it's the jaw-dropping shootout goals, the heel-to-heel skating stride, or the unconventional ways in which he scores, the American winger is a spectacle to watch. Despite limited power play time, and the amount of forward depth on the team, Stranges was able to improve on a stellar rookie year, scoring six more points in five fewer games.

Simpson: Tony is an elite skater with incredible offensive ability. He can make plays with limited space to create opportunities for his teammates. He has elite hand-eye coordination and puck handling ability. Tony has a unique talent for using his forehand and backhand in passing and shooting off both sides of the puck.

www.londonknights.com

Left-winger Antonio Stranges (34th overall) and right-winger Luke Evangelista (42nd overall), shown here, were two Knights players chosen high in the 2020 NHL Entry Draft. German import pick John-Jason Peterka (34th overall) was also taken early in the draft.

Flag football scores a touchdown

Submitted by London Minor Football Association and photos by Sharon Brooks Seybold

The 300 players who took the field at Citywide Park for the first week of the LMFA's new flag football program were all winners. Just getting to play, stay active with their friends, and having fun was in itself a big win in 2020.

Teams were assigned to one of seven 'pods' across the three age divisions – in accordance with Football Canada and government rules. Each pod was limited to 50 players and coaches. Teams played five-on-five flag football ensuring lots of space on the field and lots of touches of the ball for everyone. As well, every team practiced twice a week to learn football skills that will prepare them for the return to tackle football in the future. Only by working hard in practice can a good athlete become a great football player.

Information on our Under 10, Under 12 and Under 14 age divisions can be found on our website. We will also post details in early 2021 for our winter skills camps (if indoor skills camps are permitted in winter 2021).

Please visit www.lmfafootball.ca or call 519-852-4465 for more information.

www.lmfafootball.ca

As a result of COVID-19, the London Minor Football Association (LMFA) called an audible in 2020 and ran a new flag football program at Citywide Park – with strict health and safety protocols in place. The result? A big success and a lot of fun for hundreds of youngsters.

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